

## Claims

[c1] A method and apparatus to track rest time during a fitness exercise and comprising:

- LCD display with a driver,
- Preset buttons,
- Up/down increment/decrement buttons,
- Audio device,
- An enclosure,
- A battery holder,
- A battery,
- A microprocessor,
- A program executing on the microprocessor.

[c2] A method and apparatus in claim 1 where a program executing on the said microprocessor comprises functions:

- To count down from 999 seconds to zero,
- To countdown and display the value in decrements of 1 second
- To display the rest time during countdown and set up
- To generate audio signal upon countdown completion
- To control all buttons, LCD, and initiate standby

mode

- [c3] A method and apparatus in claim 1, where a user-friendly interface layout for set up and viewing is used comprising:
  - Large LCD digits
  - Buttons with preset popular rest times to allow one button set up
  - Ability to set custom rest time
  - Easy battery replacement
  - Automatic resets to a default at the end of count-down after audio alarm
  - Start at default value
  - Keeping the unit continuously ready with no need for a power switch
- [c4] A method and apparatus in claim 1, where the device is easy to mount on existing equipment using Velcro, epoxy or magnetized backing
- [c5] A method and apparatus in claim 1, where buttons with preset popular rest times allow one button set up and quick start
- [c6] A method and apparatus in claim 1, where energy saving is done using standby mode and low power microprocessor and LCD display

- [c7] A method and apparatus in claim 1, where labeling on the panel is used for preset buttons.
- [c8] A method and apparatus in claim 1 where a single microprocessor comprising internal ROM, RAM and flash memories, internal clock and timers is used to control all external input/outputs.
- [c9] A method and apparatus in claim 1, where no power switch is used and the unit is always on.